

Roasted Lamb Chops

Ingredients

1 Tablespoons minced garlic
2 Tablespoons chopped fresh rosemary
~ 1 Tablespoon salt
¼ teaspoon black pepper
1 Tablespoons olive oil
1 Tablespoons melted butter
1 Tablespoon Dijon mustard
2 racks of lamb, trimmed and frenched
Optional chopped parsley for garnish

Directions:

Preheat oven to 450 degrees. Move oven rack to center position.

In a small bowl, combine garlic, rosemary, salt, pepper, olive oil, butter and Dijon.

Place the lamb in a roasting pan with the ribs curving down, and coat with the mustard mixture. Allow to stand for up to 1 hour at room temperature.

Roast the lamb for approximately 20-30 minutes, checking it at 15 minutes with an instant read thermometer. The lamb should cook to an internal temperature of 130-135° for medium rare.

Tent with foil and let the lamb rest for approximately 10 minutes before carving into chops.

Sprinkle with parsley and serve.